

**Claims**

I claim:

1. A frictional resistance exercise device comprising:
  - a first weight;
  - a first rope having first and second ends, the first end including a first hand grip and the second end having the weight attached thereto;
  - a first T-shaped cylindrical member with an exterior surface around which the first rope is wrapped; and
  - a structural support to which the first T-shaped cylindrical member is coupled.
2. The exercise device of claim 1, wherein the first T-shaped cylindrical member is rotatably coupled to the structural support, and the exercise device further comprises a directional braking mechanism adapted to (i) permit rotation of the first T-shaped cylindrical member in a first rotational direction, and (ii) hinder rotation of the first T-shaped cylindrical member in a second rotational direction opposite the first rotational direction.
3. The exercise device of claim 2, wherein the directional braking mechanism comprises a second rope wrapped around the first T-shaped cylindrical member with a first end being coupled to the structural member and a second end being coupled to the structural member by way of an intervening elastic band.
4. The exercise device of claim 1, wherein the first T-shaped cylindrical member comprises copper.
5. The exercise device of claim 1, wherein the structural support is adapted to be placed on a ground surface and further includes a top surface adapted for a user to stand or lay thereon, and wherein the exercise device further comprises (a) a second T-shaped cylindrical member, the second T-shaped cylindrical member being coupled with the structural member, (b) a second weight, and (c) a second rope with first and second ends, the second rope being wrapped around

the second T-shaped cylindrical member, the first end of the second rope including a second grip and the second end of the second rope having the second weight attached thereto.

6. The exercise device of claim 5, further comprising one or more door-mountable rope guides, each rope guide including (i) a slot adapted to fit over a top edge of a door and (ii) and one of a rope guide slot and pulley adapted to guide one of the first and second ropes over the top edge of the door.
7. The exercise device of claim 1, wherein the structural support comprises: (a) corresponding first and second doorway mounting pieces, each doorway mounting piece including (i) a generally planer portion having a cylindrical opening extending therethrough, the cylindrical opening being adapted to receive an end of the first T-shaped cylindrical member therein, (ii) a lipped portion extending generally perpendicularly from at least one edge of the planer portion and being adapted to rest upon a top edge of molding surrounding a typical residential doorway; and (b) a connector adapted to secure the corresponding first and second doorway mounting pieces together.
8. The exercise device of claim 7, wherein the first T-shaped cylindrical member is rotatably coupled to the structural support, and further comprises a directional braking mechanism adapted to (i) permit rotation of the first T-shaped cylindrical member in a first rotational direction, and (ii) hinder rotation of the first T-shaped cylindrical member in a second rotational direction opposite the first rotational direction.

9. An exercise device comprising:

a weight;

a rope having first and second ends, the first end including a first hand grip and the second end having the weight attached thereto;

a cylindrical member with an exterior surface around which the rope is wrapped; and

a structural support, the structural support being coupled with the cylindrical member and including one or more lips, the lips being adapted to brace against molding surrounding a doorway to hold the structural support in place generally at the top of a doorway.

10. The exercise device of claim 9, wherein the structural support comprises first and second doorway mounting pieces, the first doorway mounting piece being adapted to couple with doorway molding along the top edge of one side of a doorway, and the second doorway mounting piece being adapted to couple with doorway molding along the top edge of another side of the doorway, each mounting piece further adapted to couple with the cylindrical member with the cylindrical member generally extending between the first and second doorway mounting pieces.
11. The exercise device of claim 10, wherein the structural support further comprises a connecting member, the connecting member adapted to removably couple the first doorway mounting piece with the second doorway mounting piece.
12. The exercise device of claim 11, where in the connecting member comprises a threaded bolt and an associated nut.
13. The exercise device claim 9, wherein the weight comprises a container filled with a weighty substance.
14. The exercise device of claim 13, wherein the weighty substance comprises at least one of water, sand, stones, metal particles or bars, and chain.
15. The exercise device claim 9, wherein the cylindrical member comprises a T-shaped cylindrical member.
16. An exercise device comprising:
  - first and second weights;
  - first and second ropes, each rope having first and second ends, the first end including a first hand grip and the second end having one of the first and second weights attached thereto;

at least one door-mountable rope guide including (i) a slot adapted to fit over a top edge of a door and (ii) one of a rope guide slot and pulley adapted to guide one of the first and second ropes over the top edge of the door;

first and second cylindrical members, each having an exterior surface around which one of the first and second ropes is wrapped; and

a first structural support comprising a planer section upon which the first and second cylindrical members are coupled wherein the cylindrical members are (i) generally axially aligned with each other, and (ii) spaced from each other a sufficient distance to permit a person to lie on the planer section therebetween.

17. The exercise device of claim 16, wherein the first and second cylindrical members each comprise a T-shaped cylindrical member.

18. The exercise device of claim 16, further comprising second structural support, the second structural support being coupled with a third cylindrical member and including one or more lips, the lips being adapted to brace against molding surrounding a doorway to hold the second structural support in place generally at the top of a doorway.

19. The exercise device of claim 16, further comprising first and second directional braking mechanisms, each mechanism adapted to (i) permit rotation of one of the first and second cylindrical members in a first rotational direction, and (ii) hinder rotation of one of the first and second cylindrical members in a second rotational direction opposite the first rotational direction.

20. The exercise device of claim 19, wherein at least one of the first and second directional braking mechanisms comprises, (a) a third rope having first and second ends, the third rope being wrapped multiple times around one of the first and second cylindrical members with the first end secured to the structural member and the second end coupled to the structural member by way of an intervening elastic band.

21. The exercise device of claim 1, wherein the first T-shaped cylindrical member is substantially hollow.